



4-H Food Smart Families Opportunities for Idaho's Youth

**Collaborating for Health
Building Blocks for a Healthier Idaho**

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FOOD SMART FAMILIES

Providing kids and families the skills they need to eat healthier today and tomorrow.



To find out more,
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Key Message:

- National Replication and Sustainability Model
- Lasting change
- Fighting hunger
- Creating more food secure homes
 - Eating healthy doesn't have to be expensive





What is Food Smart Families:

Through hands on experience with budgeting and cooking, families learn how to stretch limited resources while also making mealtime fun.

The goal of Food Smart Families is to create food secure homes.





Target Audience:

Families eligible for, or receiving, SNAP and WIC benefits, but the skills and resources can be applied to all families.



By the Numbers 2014-2016

- ❖ Youth Reached = 6,353
- ❖ Teen Advocates Trained = 32
- ❖ College Interns = 20
- ❖ Paid Staff = 32
- ❖ Participating Counties = 22 of 42
- ❖ Partnering Organizations = 68



The Launch



Admin Sign-off



Structure



Interns & Teens



4-H is based on youth-adult partnerships.





UI Family & Consumer Science
Food Lab



Selection

Training



Teen Advocate Training

- Leadership and YA4H!*
- 16 hours
- Leadership & Group Interaction Skills
- Behavior Management
- My Plate Nutrition
- Snack Preparation
- Food & Kitchen Safety

* Year 2



Year
Commitment



Stipend



Community
Service



Teen Advocates

#1

Effective Youth Adult Partnerships ...



harnessing



and

contributing

to

expanding

healthy

skills

in

the

community

together





College Interns



Idaho
Institutions



Training



Delivery

Intern Training

- Leadership & Group Interaction Skills
- Behavior Management
- Evaluation Strategies
- Basic Nutrition
- Snack Preparation
- Food Safety
- Self Study
- University Processes





Nutrition



Experienced
Advisors



Community



Impact



Strength in self-efficacy for
healthy eating
average score was 4.7

(0-18, lower score means strength in self-efficacy).

- Learned the foods they should eat every day, (95%)
- What makes up a balanced diet, (91%)
- Why it is important to eat a healthy diet, (94%)
- How to make healthy food choices, (95%)
- Drink more water, (88%)

Impact

Youth selected it was 'not hard at all' (55%) or 'a little hard' (30%) to:

- Choose water instead of soda pop or Kool-Aid.
- Drink 1% or skim milk instead of 2% or whole milk.
- Drink less soda pop.



Teen Advocate Impact

I had experienced a successful youth-adult partnership.

Before the program:

- Strongly agree = 1
- Agree = 9
- Not sure = 2
- Disagree = 2

After the program:

- Strongly agree = 11
- Agree = 3

Teen Advocate Impact

The program made sure I had everything I needed to be successful as a teen teacher. (n=14)

- Strongly agree = 10
- Agree = 4



Teen Advocate Impact

After the program I can (n=13):

>Work as a team member.

- Good Ability = 5
- Excellent Ability = 8

>Speak before a group.

- Some Ability = 2
- Good Ability = 5
- Excellent Ability = 6

>Teach others.

- Good Ability = 6
- Excellent Ability = 7

Teen Advocate Impact

I can make a difference in my community through community service. (n=14)

- Strongly Agree = 12
- Agree = 2

I am more confident in helping other.

- Strongly Agree = 10
- Agree = 3
- Disagree = 1



Teen Advocate Impact



- See value of working with staff and interns.
- Understand importance of healthy living, making healthy choices.
- Decreased intake of junk food and soda.
- Comfortable teaching with adult or on their own.

Internship Impact











Thank you.

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